

# Alternative Living



**Change Your Life**  
**Change Your Heart**  
**Change Your Diet**  
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**No more killing**  
**Be healthy and loving**



## Examples of nutritious, life saving food:

Foods	Protein Concentration (Percentage by Weight)
<b>Tofu (from soya)</b>	<b>16 %</b>
<b>Gluten (from flour)</b>	<b>70 %</b>
<b>Corn</b>	<b>13 %</b>
<b>Rice</b>	<b>8.6 %</b>
<b>Soy beans, kidney beans, chick peas, lentils, etc.</b>	<b>10 - 35 %</b>
<b>Almonds, walnuts, cashews, hazel nuts, pine nuts, etc.</b>	<b>14 - 30 %</b>
<b>Pumpkin seeds, sesame seeds, sunflower seeds, etc.</b>	<b>18 - 24 %</b>

• Concentrated multi-vitamin tablets/capsules are also a good source of vitamins, minerals and anti-oxidants.  
 • Fruits and vegetables are full of vitamins, minerals and anti-oxidants and contain high-quality fiber for maintaining good health and a long life.  
 • The recommended daily allowance: 50 grams of protein (Average adult).  
 • Calcium from vegetables is more absorbable than from cow's milk.

- To diminish the real threat of a worldwide pandemic from bird flu,
- To avoid the danger of mad cow disease (BSE) and pig disease (PMWS), etc.
- To stop the continuing gruesome sacrifice of billions of our sweet domestic animals, marine life and feathered friends daily,

**It's wise to change to a vegan diet for good.**

**It's Health**  
**It's Economy**  
**It's Ecology**  
**It's Compassion**  
**It's Peace**  
**It's Noble**



**Thank You  
for Your Compassion**



For more information, please refer to the websites listed below:  
[AL.Godsdirectcontact.org](http://AL.Godsdirectcontact.org) or e-mail to [AL@Godsdirectcontact.org](mailto:AL@Godsdirectcontact.org)

[vrg.org](http://vrg.org)   [vegsource.com](http://vegsource.com)

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